

HOT!

Did you know that meat that looks brown may still have harmful bacteria? That's right! The only way to ensure that cooked food is safe to eat is by using a food thermometer. When you check the temperature of your food, place the thermometer into the thickest part of the meat, away from bone or fat.



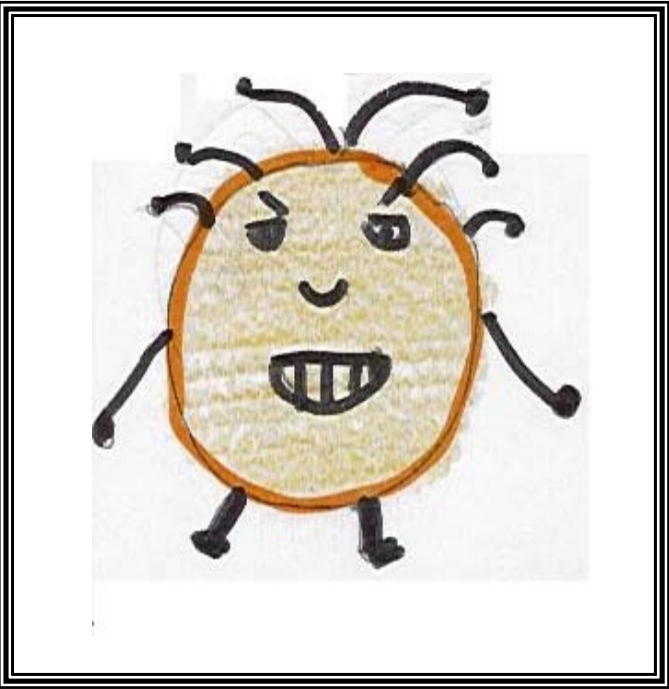
Follow these guidelines to cook food to a safe temperature:

- 145° F- Medium rare beef, lamb, and veal steaks and roasts.
- 160 ° F- Ground beef, pork, veal and lamb. Pork chops, ribs, and roasts. Egg dishes.
- 165 ° F- Ground turkey and chicken. Stuffing, casseroles, and leftovers.
- 170 ° F- Chicken and turkey breasts.
- 180 ° F- Chicken and turkey: whole bird, legs, thighs and wings.



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WANTED



GERMS IN THE KITCHEN

REWARD TO THOSE WHO
FOCUS ON
Food Safety

THAW

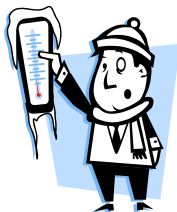
There are three safe ways to thaw meat, poultry or fish.

DO'S

- **Defrost the wrapped item in the refrigerator on the bottom shelf to prevent spillage** onto other foods. Most foods will require 12-24 hours to defrost depending upon weight. (Typically, 4-5 lbs of food can defrost within 24 hours).
- **Use the microwave oven to defrost food, then cook defrosted food immediately.** Since microwaves cook unevenly, hot and cold spots are created- bacteria can survive here so it is important to cook ASAP.
- **Defrost food in the sink in cold water.** Replace water every half hour.

DONT'S

- Never defrost food in hot water.
- Never thaw foods at room temperature.



It's easy to keep your family safe from food poisoning!

Just follow these 4 steps:

clean

- **Wash your hands** for at least 20 seconds with soap and warm water before and after touching food, after using the bathroom and after handling pets.
- **Rinse raw produce** with clean running water and a brush to remove dirt (don't use soap or detergents).
- **Dry your hands** with paper towels or a freshly laundered towel. Don't dry your hands with a towel that was previously used to clean up raw meat juices.
- **Wash your cutting boards and counter tops** with hot, soapy water after preparing each food item and before you prepare a new food item. Use one teaspoon of chlorine bleach per quart of clean water to sanitize food- contact surfaces.
- **Throw out excessively worn cutting boards** because bacteria can thrive there.

cook

Foods that are cooked for a long enough time and at a high enough temperature to kill harmful bacteria can prevent foodborne illness.

This temperature differs from food to food, so check the proper cooking temperatures on the inner flap of this pamphlet and use a clean food thermometer.

Facts to consider:

- In the microwave, cover food, add a little liquid (for pathogen-killing steam), stir and rotate to ensure proper temp throughout.
- If meat is ground up, bacteria that may have been present on the surface of the meat may end up inside of the meat.
- Fish is done when it is opaque and flakes easily.
- Eggs are safer if eaten when the yolk and the whites are firm.
- Leftovers should be reheated to 165° F.
- Leftover soups, sauces and gravies should be brought to a boil before eating.

seperate

Bacteria can spread throughout your kitchen if raw meat, poultry, and seafood are not handled properly.

- **Separate raw meat, poultry, and seafood** from the other foods in your shopping cart and in your refrigerator.
- **Use one cutting board** for raw meat and another for fresh fruit and veggies.
- **Always wash your hands, cutting boards, utensils and dishes** with hot, soapy water after contact with raw meat, poultry, seafood, eggs and unwashed produce.
- **Put cooked food on a clean plate** (never put cooked meat on plate used to hold raw meat!)
- **Put raw meat, poultry, or seafood** in sealed containers in your refrigerator to prevent leakage onto other foods.
- **Don't use the marinade** used on raw meat, poultry, or seafood on cooked foods unless boiled first.
- **Never taste marinade** that was used on raw meat, poultry or seafood.

chill

Dangerous bacteria can double every 20 minutes. The more bacteria there are, the greater the chance you could become sick.

- **Contrary to many beliefs, hot food will not harm your refrigerator**, so chill food quickly to keep harmful bacteria from multiplying.
- **Set your refrigerator no higher than 40° F** and the freezer at 0°F and check the temperatures periodically with a temperature gauge.
- **Refrigerate or freeze perishables, leftovers and prepared food** within 2 hours.
- **Divide large amounts of leftovers** into shallow containers for quick cooling in the refrigerator.
- **Don't pack the refrigerator too full-** allow cold air to circulate.
- **Marinate foods** in the refrigerator.